

# The Finish Line

January 2007

The official newsletter of



The Wellness Center

★ Mountain States Health Alliance

## New Year's Resolutions

By Debbie Fogle, A.T., C.

Do any of these resolutions sound familiar: lose weight, stop smoking, exercise more, eat healthier, manage stress better, or spend more time with the family? The coming of a new year and making resolutions seem to go hand in hand. Perhaps you are one of those individuals who make New Year's resolutions only to abandon them before the end of January. If so, you might be like many others who start out with good intentions only to give up after only a few weeks.

Should we just concede that abandoning New Year's resolutions is inevitable? The answer is, 'No!' One way you can accomplish your resolution is to treat it as a goal and develop a simple action plan to help achieve it. In order to make changes we must take small steps to achieve the changes and those small steps are your action plan. For example, if 'exercising more' is a resolution you have set, try these simple steps:

1. Aim for 30 minutes of physical activity on most, preferably all the days of the week.
2. Schedule your activity time in your day planner.
3. Try a new form of cardiovascular exercise each month.
4. Try a group exercise class, or a different group exercise class.
5. Increase your steps each day by parking further from your destination.

Other tips that might help you stay on track include: a) set realistic goals for each change and steps to achieve them; b) visualize yourself making the changes; c) start off with one change and gradually add other changes; d) develop a support group or buddy system; and e) be positive in thinking you can make the change. Good luck! We know you can do it!

## January is a Busy Time in the Center

### Friendly Reminder of Exercise Floor Guidelines

January is always the busiest time of the year in the fitness industry due to new members joining exercise centers and existing members making New Year's resolutions to become more fit, lose weight, etc. In that regard, it's always a good idea to revisit our exercise floor guidelines. Everyone's commitment to follow the recommendations will lead to a much more enjoyable and productive experience for all! The guidelines are posted on the exercise floor but also follow below:

1. Limit time on cardiovascular equipment to 30 minutes.
2. When doing multiple sets on strength equipment, allow others to rotate during rest periods between sets.
3. Wipe off equipment with towel after use.
4. Replace/re-rack weights and accessories after use.
5. Appropriate clothing is required including shirt and athletic shoes. Open toe shoes are prohibited.
6. Food & drinks are prohibited with the exception of bottled water and sports/energy drinks.

## Exercise is Key to Seniors' Independence

New research demonstrates structured exercise programs can help keep sedentary senior citizens from losing their independence. Two groups of seniors were tracked over time in their ability to walk 400 meters or about a quarter-mile. One group received only health education while the other group participated in an exercise program. Compared with those who received health education, participants in the exercise group had a lower risk of becoming unable to walk a quarter-mile over time. The study contained 424 people, ages 70-89 who exercised less than 20 minutes a week. The message? It's never too late to start exercising and when you do, the effects are profound!

## Family Swim Time

Beginning Sunday, January 7th, The Wellness Center will offer Family Swim Time from 3-5 p.m. every Sunday afternoon. Cost will be \$3 per child, a \$5 maximum per family with more than one child, and a maximum of 4 children per family. Children, with a supervising parent, will have access to the pool area only. For more information, please stop by the front desk or pick up a flyer from the 'Information Station' in the lobby.

## Member Communication Board

A Member Communication Board has been placed on the lower level outside the childcare area. This has been a frequent request on comment cards for opportunities to promote a business, find a workout partner, find others interested in similar activities, etc.

For more information or to contact the Wellness Center, please call: 431-6668  
or visit our Web site at [wellnesscenter.msha.com](http://wellnesscenter.msha.com).

## Safety & Consideration: Handicap Toilet Access

As a general courtesy to other members and guests who require the use of the handicap restroom stalls in the locker rooms, **please do not use the stall unless you absolutely must!** Using the handicap stall as a private dressing area, for example, takes away from those who **truly need** to use it. Please help us provide the necessary access to these areas for those who need it.

### Answer this Question for a Chance to Win!

To earn a chance to win a month's membership dues, simply answer the question below, fill in your personal information, and turn into a staff member on your next visit! You will be automatically entered into the raffle to occur the last week of January.

What is the Wellness Center's guideline for maximum time a member should use a piece of cardiovascular equipment before making it available to other members? (Circle your choice)

1. 10 minutes
2. 15 minutes
3. 20 minutes
4. 30 minutes

Name: \_\_\_\_\_

Address \_\_\_\_\_

Phone Number: \_\_\_\_\_

### Wellness Center Hours

Monday - Thursday	5:30 a.m. - 10 p.m.
Friday	5:30 a.m. - 9 p.m.
Saturday	7 a.m. - 5 p.m.
Sunday	11 a.m. - 5 p.m.

### Kid's Adventure Station Hours (Childcare)

Monday - Thursday	8 a.m. - Noon and 4 - 8 p.m.
Friday	8 a.m. - Noon and 4 - 7 p.m.
Saturday	8 a.m. - Noon

### Congratulations!

*Congratulations to Mickey Honeycutt who won a free months membership dues for answering last month's Finish Line question. It pays to read the Finish Line!*

## MedWorks/Occupational Medicine is Open!

MedWorks opened its doors on Monday, September 25th! MedWorks is a comprehensive occupational health clinic that works closely with

**MedWorks**  
Your Health Advantage

Business and Industry to provide:

1. Treatment of work-related injuries
2. Physicals for companies such as DOT, Post Office and Return to Work/Fitness for Duty physicals to mention a few
3. Urine Drug Screening/Breath Alcohol Testing/Medical Review Officer Services
4. Preventative services such as vaccinations
5. On-site Nursing Services

On site physicians providing services include Marilyn Bishop, M.D., MPH who is board certified in Occupational and Environmental Medicine and Mike Anders, M.D. who is board certified in Family Medicine. Both Physicians have their Medical Review Officer Certificates. For more information, call MedWorks @ Wellness Center (423) 915-5033.

## Christmas Drawing Winners

Congratulations to the following winners of the recent Christmas drawing:

**MP3 Player** - Troy Gaddy

**Garment Bag** - Tom Anderson

**Walkman radios** - Marge Schumack & Kenny Hughes

**Sweatshirts** - Dianna Boarman & James Teixeira

**Polo Shirt** - Linda Fore

**Gym Bags** - Larry Briggs & Michelle McGowan

**Coffee Mugs** - Eugene Backlund, David Bacon & Nasser Shahbazi

**T-shirts** - Marsha Ward, Jack Burris and Marie Ray

**Water Bottles** - Larry Edmisten, Laurie Higgins, William Hedges, Alan Hardin, Hugh Underwood & RJ Payne

## Kid's Adventure Station (Childcare)

Did you know we offer childcare services? The Wellness Center offers childcare services in the Kid's Adventure Station (KAS) area for children ages 6 weeks to 12 years of age. Services are offered 6 days a week. The charge is \$3 per child for a 2-hour time period. Multiple visit passes (15 and 30 visits) are available at a discounted rate. If you are interested and would like more information, stop by the front desk or pick up a flyer in the front lobby at the 'Information Station'. For children under age 12 months, 48 hours notice is required for making a reservation.

## Cell Phone Use

We've received a number of comment cards about the use of cell phones on the exercise floor. Since we realize emergencies do occur and some of our members may be on call for emergencies, our policy states, "cell phones may be kept on in the facility for emergency purposes, but prolonged use of cell phones in the exercise or pool areas is not permitted". Please help us maintain a relaxing and comfortable environment for all our members and guests by minimizing the use of your cell phone. Alternatively, please consider moving to a more private area such as the lobby, when you need to use your phone. Thank you!

